

## **SBRC Gym Schedule**

## **FEBRUARY**



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00am	<b>Open Gym</b> 6:00-8:00	Open Gym		Open Gym	<b>Open Gym</b> 6:00-9:00			
6:30am		Bootcamp	<b>Open Gym</b> 6:00-12:00	Bootcamp				
7:00am		6:30-7:30		6:30-7:30				
7:30am		Complete		Complete				
8:00am		Conditioning		Conditioning		Open Gym		
8:30am		7:30-8:30		7:30-8:30		Drop-in Total		
9:00am		Drop-in Total Body Fit		Drop-in Total Body Fit		<b>Body Fit</b> 8:30-9:30	Drop-in Adult	
9:30am			Gymna		<b>Gym Jam</b> 9:30-11:30 <b>Cleanup</b>	Drop-in	Basketball 8:00-11:00	
10:00am	<b>Gym Jam</b> 9:30-11:30 <b>Cleanup</b>		stics 9:30-	Open Gym				
10:30am		Open Gym	11:45	10:00-11:30		Womens		
11:00am		10:00-11:30	except	2/18 Only Gym B Stretch Class		<b>Volleyball</b> 9:30-12:00		
11:30am			2/10 Open Gym	Stretteri Class				
12:00pm	Drop-in Sprts	Drop-in Adult	Drop-in Sprts	Drop-in Adult	Drop-in Sprts			
12:30pm	Conditioning 12:00-1:00	Packethall	Conditioning 12:00-1:00	Basketball	Conditioning 12:00-1:00			
1:00pm	12.00 1.00	11:30-1:30	Drop-in Adult Bball 1:00- 2:30	11:30-1:30	Open Gym 1:00-4:00 Senior Vball			
1:30pm	Open Gym	Drop-in		Drop-in Pickleball 1:30- 3:30			<b>Open Gym</b> 11:00-5:00	
2:00pm	1:00-4:00 Senior Vball 2/15 Only 1:30-3:30							
		Pickleball						
2:30pm		1:30-3:30	Open Gym 1:00-3:00					
3:00pm			Gymnas			Rental 3-		
3:30pm	Yth Sprts 4-5  All Ages BBall 3:30- 5:00	Open Gym	All Ages tics	<b>Open Gym</b> 3:30-6:00	All Ages	4pm*		
4:00pm		EXPAND 4:00-5:00	5:00 <b>3:30</b> -5:15		Bball			
4:30pm			except		3:30-5:00			
5:00pm	Open Gym	Supertots Sampler Ends 2/23/16	<u>2/10</u> Open Gym		<b>Open Gym</b> 3:00-5:00			
5:30pm	5:00-6:00		5:00-6:00		3.00-3.00	Don't miss the		
6:00pm		League Basketball 6:00-10:00		<b>Dodgeball</b> 6:00-9:00 <i>Ends 2/18</i>	Drop-in	Sweet	theart	
6:30pm	Women's				<b>Badminton</b> 5:45-7:45	Dance!  North Boulder Recreation Center Saturday, 2/6/16 Register Online Course #234682		
7:00pm	Basketball		League					
7:30pm	6:00-8:30		Basketball					
8:00pm			6:00-10:00					
8:30pm	Open Gym							
9:00pm	8:30-9:30			Open Gym	Course		123 1002	
9:30pm	9:30pm							

**GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME**